



kath metz  
Health & Happiness Coaching

# Warming Broccoli Detox Soup

## Ingredients:

- 1 onion, roughly chopped
- 2 stalks of celery, finely chopped
- 2 large heads of broccoli, roughly chopped
- 1 cauliflower, roughly chopped
- 4 cups of stock or bone broth
- 1x 400ml can of coconut milk\*
- 1-2cm piece of fresh turmeric – grated
- 3cm piece of fresh ginger – grated
- 2-3 gloves of garlic
- 1 x green chilli, finely chopped
- Handful of fresh parsley
- Coconut oil for sauté
- Salt & pepper to taste



## Method:

In a large saucepan sauté the onion, celery, turmeric, garlic, chilli & ginger in the coconut oil on a low-medium heat until soft & translucent, not brown.

Add broccoli, cauliflower and stock/broth and bring to the boil. Reduce heat and cook on a simmer for 20-30 minutes or until broccoli & cauli are soft.

Add the salt and the parsley and stir in the coconut milk/cream. Let cool slightly before blending with a stick blender or food processor until nice and smooth. Reheat if necessary for serving.

## Notes:

Gluten & dairy free

\*I like my soup thick & creamy, and use a tin of coconut cream instead of milk

Use all of the broccoli stalks too

You could also add in some kale – Cavolo Nero is my favourite.

You may need to add more stock/broth or water depending on your preferred consistency

Serve with fresh herbs on top, or I like a bit of crunch – shallots, chopped nuts

Enjoy **Kath**



## Eating broccoli will greatly improve your detoxification

Broccoli belongs to a family of vegetables called cruciferous vegetables and its close relatives include brussel sprouts, cauliflower, and cabbage.

As well as tasting pretty yummy, broccoli has a strong, positive impact on your body's detoxification system. Glucoraphanin, gluconasturtian, and glucobrassicin have been identified by scientists as the three glucosinolate phytonutrients found in a special combination in broccoli that are particularly beneficial as detoxification agents. The trio is able to enhance all steps in the body's natural detoxification process, including activation, neutralization, and elimination of unwanted contaminants.

In addition to its detoxification benefits, broccoli is known to provide other healthy advantages, including digestive support, reduction of inflammation, resistance to harmful bacteria, support for a healthy cardiovascular system, protection against cataracts, improved hormonal balance including supporting healthy estrogen metabolism, reducing symptoms of high blood pressure, decreasing effects of asthma and allergies, supporting healthy cholesterol levels and delivering high levels of antioxidants to reduce cancer risk and promote health.

